



BULLETIN

Visit your Suffolk County AA Website at: <http://www.suffolkny-aa.org>

RETURNING

I know that there is a difference
Between who I am and what I think
One is my true, inner self
The other, weighs me down, determined I sink.
I know that what is real is - Love
It is the God that dwells inside of me
The center of my soul, that song in my breath
The Beloved, I've sadly covered, in debris.
Sometimes, I can glimpse the true me in moments
Beckoning for me to come back home
It calls from the island, across the sea
But I cannot swim the distance alone.
Other times, I can hear it, in the breeze
A whisper, gently nudging at my heart
pulling at me to reach out for its grasp
yearning, to show me that never are we too far apart.
The "what ifs", the yesterdays, the tomorrows
Cause such fear, tension tight across my chest
That voice that saying over and over - "you're failing"
I may as well just give up on the test.
But then I find a that soft, white, glistening feather
Returning continued..
On the sandy beach we walk each day
And I've been told that means something special
That someone is listening to each prayer for help that I pray.
The conflict and struggle, the good days and bad
Between the two opposing parts of me
Is exhausting, confusing, defeating
Yet I know for certain - this dance is teaching me to be -
The Warrior that carries on valiantly
The child that BELIEVES with innocent awe
That all of this is part of the divine, unfolding story
Of Returning....to Him, to our true selves, to our North Star.
I trust that each day is a chapter
Of the Plan meticulously designed
To step by step, lead me back to my truth
And turn to ashes all I shall leave behind.

Joni 9.1.17

Shana Tova

Wonderful, rain on the first day of the year
Giving us fresh-washed earth to imprint with
cheer
To start work on clearing the debris of the past
And work on planting seeds of a peace to last.

A gray, overcast sky presses down on the land
Over which we have stewardship from the superi-
or being's hand
We've made bad choices; been prideful and selfish
But retain memory of mandate while we hunt and
we fish.

So we're granted again a new blank slate
And products necessary to fill our empty plate
And strength to shepherd the many fields and
flocks
And to man the plow and move the rocks.

Wild birds and beasts given into our care
Need desert and forest to keep them there
For our children and our children's children
Who strive to keep God's covenant. Amen

Now's the time to take inventory of the earth's re-
sources

To follow and replenish the path of humanity's
courses
And with love, respect and caring to preserve our
earth
And show a true appreciation of what it's worth.

Prepare for the writing of our page in the book of
life.

Louella M. 10.2.14



TUESDAY NIGHT IS HUG NIGHT

The family of an alcoholic longs for the return of happiness and security.

Big Book Page 123

I somehow adopted the notion in my early drinking days that drinking alcohol was a manly thing to do and I feared when I stopped that I would as a result lose some of my manhood. For that reason, I was attracted to my first sponsor because I heard him share at a meeting that he had bitten off a guy's ear in a bar fight. That sounded manly to me.

Joe was my sponsor's name. He was a big guy who used to box as a hobby. On my first anniversary he gave me a bear hug, which startled me because I had never before been embraced by a man, nor had I ever embraced a man.

I was sober several years when I was struck with the realization that I had never embraced my sons, who were all man-sized by that time. At the dinner table one evening I struggled rather awkwardly to introduce the topic of hugging.

My wife and five children noticed my struggle and one of my son's said, "Are you suggesting that we designate one night a week as a hug night, Dad?" "Yeah, that's the ticket," I said, then asked, "What night of the week do you think it should be?" Since that was a Tuesday, my children, almost in unison, said, "Let' make it a Tuesday night, Dad." I jumped up and put a sign on the refrigerator and it read, "Tuesday night is hug night."

After dinner, every member of the family gave a hug to every other member of the family and it was a delightful experience for all of us. My three sons then admitted that they had never before embraced each other. We all agreed it was a very powerful experience. My children are all married now but we still embrace when meeting.

Ed H.

THIS BULLETIN NEEDS YOUR HELP!

We need YOUR participation!

Please help and send in

- your articles!
- your experiences!
- your announcements!
- your comments!
- your artwork, poems, photos, etc.!

Send to Brian at:

bulletins@suffolkny-aa.org

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Forgiveness

Tell me
How can I Forgive myself
When the one I hurt is gone
Or won't pick up the phone
Just to say hello

Will there
Ever be a day
I won't think what I have done
To her, To him, To them,
All who made mistakes

Forgiveness frees yourself
It Breaks the chains that bind you
It's no way to live
Love, Peace, Serenity
Comes when you forgive

Close your
Eyes Go to sleep
It never goes away
Its weight, upon, my shoulders
A monkey on my back

Start by
Doin right and
Stop doin wrong
No more, tears of, sad-ness
Only tears of joy

Forgiveness frees yourself
It Breaks the chains that bind you
It's no way to live
Love, Peace, Serenity
Comes when you forgive

Asking for forgiveness begins with God above
Look in the mirror and give yourself some love Make a list of
those you hurt
Forgive someone for hurting you
Causing so much pain
Live in today, not yesterday, who knows what tomorrow
brings

Forgiveness frees yourself
It Breaks the chains that bind you
It's no way to live
Love, Peace, Serenity
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Edward C. 8/17

Today, Using Regrets

I certainly have my share of regrets. It seems we cannot enter a life of addiction without consequences that will later follow, and haunt us. I have mine, and up until recently, I would have been happier if they could somehow be deleted from my memoryforever. My belief use to be that I would be happier if these memories could not be remembered.

I no longer feel that way. I now look upon regrets not so much as a two edged sword as a tool. One edge had been used for cutting, hurting ... and stuff like that. The other edge has the potential for healing, motivating ... and stuff like that. The work the sword will do depends upon the one who wields it. She will decide how it is to be used. I do know what side I had used for so many years, and yes, I do have regrets about people, places, and things because of my using ... the cutting edge side.

AA tells me neither to forget the past, nor dwell on it. That must mean to remember the past ... and to momentarily reflect on it. To dwell on these unfortunate past events is to slow me down with the weight of guilt. A journey in guilt would not be a good Journey, because movement forward is hampered by the weight of that guilt. What then, is the program asking me to do with the regrets from my past? I hear that rear view mirrors are good for driving safely, but I have also heard that I should not stare in it too long. This mirror only shows me the Past where I had been and Time forward will never return me to that location again.

In my present, I now see these mistakes from my past as excellent motivational items to influence my future. If I were able to destroy these regrettable memories, they would no longer be available for me today... to motivate me forward into a better future.

I have learned to look in the rear view mirror to understand, not so much about what I did, but rather to understand that I must take steps to make sure I never put my life at risk ever again. There are Promises that have been promised ... there are Suggestions that have been suggested, but there has never been a time when I felt that the promises or suggestions were forced upon me. I am free to believe in the promises, and I am free to follow the suggestions. I am the one to decide, and I have:

Yes, my black outs and other events, were bad for me, possibly necessary for me, but certainly are used by me today to recall what I had done, what I did to myself and others, and Where I am Today. My 24 hr. reprieve this day, my Gift of success, & my willingness to reflect back into my past, humble me with gratitude for being so very fortunate to have stopped digging, to have put down the shovel, and gotten out of the

(Continued on page 5)

Notice: SUBMISSION DUE DATE for December's Bulletin is November 20TH!

Send your submissions to Brian at: bulletins@suffolkny-aa.org

Group History

Beach Bums

Corey Beach Rec. Bldg., Corey Ave. at Curtis Rd.
Blue Point, NY

This group was started by a young fellow whose inspiration "was a need to get to an early Sunday morning meeting." He is 1 ½ years sober as of this writing and full of the A.A. spirit. He told a member of the Archives Committee that "there is a sober house just down the road and what if one of those guys needs a meeting". Hence the Beach Bums will be meeting year round. Since they meet outside, this will be a real test of one's commitment to sobriety. Rain, snow, sleet, hail will not deter this crowd. Flo's Luncheonette is a familiar hang out for the summer crowd in Blue Point. The owner was approached and asked if there would be any problem with this group gathering there before they opened. The use of the place was gladly offered. Flo's is a small structure with no inside seating, just a collection of wooden benches for casual dining...or informal A.A. meetings. The first meeting was held on July 29, 2011 and there was a major miscalculation: at 9:00 am in July, Middle Road is a bustling thoroughfare with noisy traffic up and down. People at the meeting couldn't even hear each other. According to one participant, "it was a total wreck". The very next week the meeting was moved back to 8:00am and that did the trick.

The format uses both As Bill Sees It and Daily Reflections, cross-referencing whatever topic might be chosen for the day. There is no speaker and people share at their own pace. It is a "very laid back, chilling meeting". At times there have been thirty people in attendance. That was in the summer. On the cold November morning the Archives visited there were four. On the days when the weather is truly inclement, the group will meet down the road a spell at the gazebo on Corey Beach, which is just a short stroll down the block. One fellow rides his bike 10 miles every Sunday morning down Middle Road. It was during one of these exercise sessions that he noticed a gathering of people he recognized from A.A. and stopped by to investigate. He has since become a regular. Prior to the listing appearing in the November 2011 meeting list, word of mouth was the primary means of getting the message out there and that seems to have done the trick. Maybe this will be the way alcoholics can be shown that there is indeed life after hanging out in bars and maybe the solution can be found on a Sunday morning at another kind of bar...a snack bar.

(The current meeting list indicates that in addition to the original Sunday meeting, the group now meets at 8:00 AM Monday through Friday from March through October.)



"BE STILL AND KNOW..."

You do not need to leave your room. Remain sitting at your table and listen. Do not even listen, simply wait. Do not even wait, be quite still and solitary. The world will freely offer itself to you to be unmasked. It has no choice; it will roll in ecstasy at your feet.

Franz Kafka

I'm not about to say I've had the experience Kafka describes but I certainly acknowledge the importance of sitting quietly and enjoying the moment. When I have not sat quietly for a short period of time on any given day, that day seems to have not been fruitful for me.

It is recommended by some people in the health field that we take time during the day to dismiss ordinary thoughts and quiet the mind. Some may call it prayer time, some call it meditation and some may simply refer to it as relaxation or rest. When it's done regularly in a particular place, the echoes of the experience remain and the energies that are thus stimulated also seem to linger.

If we have never done this before we may find in our initial attempt that we cannot sit still for more than two minutes and this is certainly not cause for concern; we just have to be aware of it. The body and mind can be trained to be still for longer periods. Simply become aware of the breath; inhale and exhale. Relax!

"Don't worry; be happy" as suggested by one singer some years back.

My time of relaxation is not fruitful if I attempt it while still holding resentment against someone. Yes, Dear Hearts, I do now and again fall into the trap of resenting another person and I find it emotionally and physically painful when I allow this. It is much easier on my system if I let go of the other person. As long as I insist upon holding another person down, part of me must remain down there with him and then my spirit is not free to soar.

The only time I should be looking down on a person is when I am helping the person up.

As the day closes its weary eyes and we prepare for a night's rest we may drift off thinking of an excerpt from *"The Day is Done"* by Henry Wadsworth Longfellow:

*And the night shall be filled with music,
And the cares that infest the day
Shall fold their tents like the Arabs
And as silently steal away.*

Ed H.

(Continued from page 3) Regrets

hole. Some of you helped me get out, others helped me stay out, I helped some of you to stay out of your hole ... and some of you told me "not to fill the hole back in", and that one ... use to puzzle me!

It seems that the dark open hole can remind me how hopeless things were getting, how deep I had descended, and where I am standing ... today. Without these regrets, it is so very easy to begin thinking that:

~it was always this good.

~it never really was ... that bad, not really that bad.

~if you had my ...

~we were all doing it. Its what we all did. Didn't everybody live like this?

~I could stop whenever I want to, but I really like doing this.

~maybe I could, for only one weekend, dig just a little bit, just to see "if I really am an..."

~... add your own.

I need these memories to understand, and to respect the Power of Regret, a double edged baffling entity that holds so many newcomers in personal confusion and pain.

It is it's other side, the side we never used, that can make this a valuable tool. One real memory from my second week in January was "What will I do with myself after 4:30, if I am not drinking?" I don't want to go back to that life ... way of dying, and I need reminders on occasion, to recall events from my past. Newcomers help me with this by telling me who they are, and where they are ... which is where I ... used to be.

Tools can build things. Regrets can build gratitude. Regrets can be tools. Regrets can drag us down. Regrets can kill. I have decided that these valuable things called "Regrets" will be used by me to create Gratitude, to help me with my Humility, and to help me in my service of others. They will not use me, I will use them. The user is the one with the power. Regret can be a valuable tool, and I have decided to keep it in my tool box, and use it properly.

I suggest our regrets be used as a strength! I find that by glancing back into the past of my many unfortunate incidents, I found resolve to never go that way again. If I don't learn anything from my mistakes of the past, I will repeat them again. To go back would tell me that I have not yet labeled them as dark and dismal times, where pure chance, and the whims of the moment, determined my future.

Boy, that never worked well!

Regrets can be used to insure a good sober future. Make tools out of them!

Rick



December's Business Meetings

> Public Information Committee:

3rd TUESDAY OF MONTH

Tues. 12/19/17 7:00 PM

SIA Office, 113-8 Bay Ave.

Patchogue

> SIA Business Meeting:

1st TUESDAY OF MONTH

Tues. 12/5/17 8:00pm

True North Community Church

1101 Lakeland Ave.

Bohemia

>7:00 PM *Archives Committee meeting*

>7:00 PM *New Group Rep Orientation*

>7:00 PM *Share-a-Thon*

> SIA Officers & Chairs:

LAST TUESDAY OF MONTH

Tues. 12/26/17 7:00 PM

SIA Office, 113-8 Bay Ave.

Patchogue

> Suffolk General Service:

3rd FRIDAY OF EVERY MONTH

Fri. 12/15/17 8:00 PM

>7:00 PM *General Service new Rep meeting*

True North Community Church

Lakeland Ave.

Bohemia

> Treatment Facilities Committee:

3rd TUESDAY OF MONTH

Tues. 12/19/17 7:00 PM

SIA Office, 113-8 Bay Ave.

Patchogue

> Big Meeting Committee:

3rd THURSDAY OF MONTH

Thurs. 10/19/17 7:00 PM

SIA Office, 113-8 Bay Ave.

Patchogue

Contact your Intergroup chairs!

Chair- Kevin chairman@suffolkny-aa.org

Alt Chair- Tom alt-chair@suffolkny-aa.org

Treasurer- Wayne treasurer@suffolkny-aa.org

Corr. Sec.- Dawn corsec@suffolkny-aa.org

Recording Sec.- Tara recsec@suffolkny-aa.org

Answering Service- Ron phones@suffolkny-aa.org

Archives- Bob archives@suffolkny-aa.org

Big Meeting - Jean Marie ... siaoffice@suffolkny-aa.org

Bulletin- Brian bulletins@suffolkny-aa.org

Corrections- Lee correct@suffolkny-aa.org

Grapevine- Lee grapevine@suffolkny-aa.org

Literature- Laurie books@suffolkny-aa.org

Meeting List- Brodey ... meetings@suffolkny-aa.org

Public Information- Jack pubinfo@suffolkny-aa.org

SIA Office Manager- Cheryl. siaoffice@suffolkny-aa.org

Schools-Jack schools@suffolkny-aa.org

Share A Thon- Rob share@suffolkny-aa.org

Special Events- Patrick specevent@suffolkny-aa.org

Third Legacy OPEN!... thirdleg@suffolkny-aa.org

Treatment Facilities Bridget. ... treatment@suffolkny-aa.org

Webmaster- Troy..... websup@suffolkny-aa.org

See what it's about!

A THIRD LEGACY Chair is needed!

PLEASE HELP!

email:

chairman@suffolkny-aa.org

*****ANNOUNCEMENTS*****

SELDEN HOUSE OF GAIN

Will be adding a second Meeting, starting *Mon., Nov. 6, 2017*. This will be an Open Beginners Meeting (OB) starting at *1pm*. We are in the Grace Presbyterian Church, 425 Hawkins Rd, Selden.

Around the AA Campus

Another new meeting has started in Northport. This make the third new one this year. The latest is called Northport Sobriety and it meets every Monday at 6:00 PM at St Paul's on Main Street. The other two are Freedom from Fear and Round Robin. Now Northport offers an AA meeting every day of the week. Come on over and give this new one some support.

"Finish each day and be done with it. You have done what you could. Some blunders and absurdities no doubt crept in; forget them as soon as you can. Tomorrow is a new day. You shall begin it serenely and with too high a spirit to be encumbered with your old nonsense."

Ralph Waldo Emerson

INSTITUTIONS COMMITTEE

Shout out to **Eye Opener** group for their contributions of books and literature purchases that they gave to the Institutions committee - these will be distributed among the various facilities across Suffolk County.

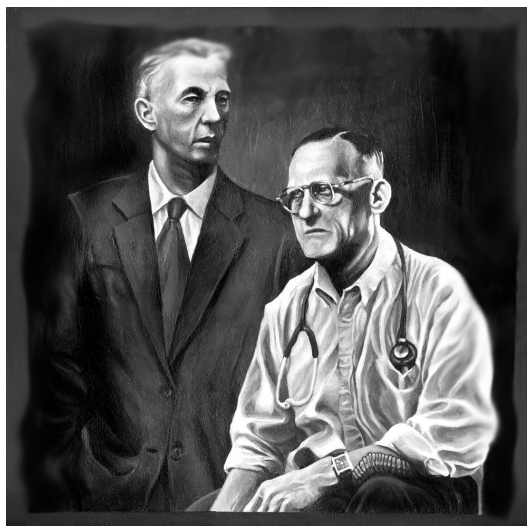
Shout out to **Mikey B** for his contribution of books and literature that he purchased and gave to the Institutions committee.

Do you or someone you know chair a meeting at one of our Suffolk County facilities or hospitals – come on down to the SIA office on the 3rd Tuesday of the month @ 7pm and meet the new Institutions Committee Chair & pick up some books and literature for your facility.

Please Join us for our 36th Group Anniversary!

Riverhead Thursday Night Al-Anon Group
Grace Episcopal Church
Roanoke Avenue
Riverhead, New York
Thursday October 26, 2017
7:00 PM

We will be celebrating with food, Al-Anon and AA Speakers! Please join us and bring friends



Our First Legacy :Recovery

sponsored by

Suffolk General Service (SGS)



“The BIG BOOK UNPLUGGED”



Presented by Richard H. Of the "No Frills Group " in Bellmore, NY.
will take us through a journey of how
Alcoholics Anonymous became
Alcoholics Anonymous. We learn the events leading up to the writing
of the BIG BOOK, bringing to life “ the first 100” that
contributed to what is outlined in the first 164 pages of the Big
Book.

SAVE THE DATE : 1/27/18, Saturday

Event starts 9:30am ends at 5:00pm

Inclement weather date (snow storm date) the
following Saturday on February 3rd
venue: Vail Leavitt Music Hall

18 Peconic Ave

Riverhead, NY 11901
(parking lot behind building)

Free admission

Snacks ,Light Breakfast and Lunch will be
served at no cost

for information contact Jim S. ad-hoc Service Participation Committee Chair
alt-dcmc@aasuffolkgs-ny.org